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IN RUSSIA, THE ROTUND GET REJECTED; IN THE U.S., POLICE ARE LESS FIT THAN HALF THE POPULATION: STUDY PAGE 7

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Winter winds whip southern Sask.

Hold on to your hats!

Gusts of more than 100 km/h recorded in Saskatoon; Regina officials ready for potential wind problems

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A piece of roof blown off a construction site by high winds in Saskatoon's Stonebridge neighbourhood can be seen on a crushed pickup truck on Wednesday afternoon. MORGAN MODJESKI/METRO

Katie-Mae Brooks is blasted by wind gusts in the F.W. Hill Mall in downtown Regina. ROSS ROMANIUK/METRO IN REGINA

Saskatchewan's two major urban centres were hit hard by high winds on Wednesday, as gusts of 100 km/h caused damage in Saskatoon and put Regina officials on alert.

The gale-force gusts in Saskatoon bent a cellphone tower and caused a pickup truck to be crushed by a piece of roof blown off a construction site. The wind also knocked over electrical lines and toppled trees, causing power outages.

The Greater Saskatoon Catholic Schools division was not dismissing students during the lunch hour because of high winds and blowing debris. Parents were asked to pick up their children or drop off their lunches.

Officials with the City of Saskatoon said they had been alerted by Environment Canada on Tuesday evening.

"As a result of that notification, we were able to issue a Level 1 EOC (Emergency Operations Centre) alert, which brought the communications between all departments in the city a bit more focused on co-ordination," said Ray Unrau, the city's director of emergency planning.

John Paul Cragg, a severe weather meteorologist with Environment Canada, said winds were expected to remain strong through Wednesday night before gradually diminishing.

Jay O'Connor, manager of emergency management with the City of Regina, said there were no reports of damage by the afternoon — even as many pedestrians downtown appeared to struggle at times while walking in and around F.W. Hill Mall and 11th Avenue.

"We just maintain that same level of readiness," O'Connor said of municipal preparations.

"The first responders, if they do get called to something that is related to the wind event and it seems like something that could either grow or be replicated … that information is passed through, and we respond to it at that time."

The wind wreaked havoc in rural areas, as well. School buses were shut down in the Biggar area, northwest of Saskatoon, due to slippery roads and gusting winds. That came after a bus with seven children slid into a ditch when the driver lost control. No one was hurt.

Mounties in Swift Current advised against travel on Highway 4 north of that city.

Officials in Saskatoon and Regina said departments within the municipalities would continue to monitor weather conditions through the night.

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Immunization

Two flu clinics for those at risk

The Saskatoon Health Region announced Wednesday it will be hosting two drop-in clinics to distribute newly acquired flu vaccine to pregnant woman and children aged six to 59 months this Friday.

The clinics will be held at the Ebenezer Baptist Church from 1 to 6 p.m. and at the Conexus Boardroom in the Humboldt District Health Complex from 9 to 11:30 a.m.

The upcoming clinics are for pregnant woman and young children only since they've been identified as groups with the highest risk of becoming seriously ill by the Ministry of Health.

METRO

Crime

Charges laid after pair held hostage

A 21-year-old man is in custody after he allegedly confined a 21-year-old woman and a three-year-old child inside a home on the 500 block of Avenue J North.

The Saskatoon Police Service received a call from someone inside the house around noon on Wednesday, and members of the Crisis Negotiator Team responded to communicate with the suspect and convince him to exit peacefully.

According to a news release from the SPS, the man was armed with a knife and the caller reported that he "was making threats to harm the woman and himself."

The man has been hit with several charges including two counts of unlawful confinement and assault with a weapon. METRO

Concerts

Katy Perry, Bruno Mars announce summer shows

August is going to be a busy month for pop music fans in Saskatoon as both Bruno Mars and Katy Perry have announced concerts in the city.

The California girl will be stopping by the Credit Union Centre on Aug. 28 as part of her Prismatic World Tour, which is in support of her latest album, Prism, featuring the hit singles Roar and Dark Horse.

Meanwhile, Mars has confirmed that he will bring his Moonshine Jungle World Tour to the Credit Union Centre on Aug. 3.

This is the second part of the Grenade singer's tour, which began last summer, to promote his 2012 album Unorthodox Jukebox.

METRO

Lights, camera, beer: Drinks on tap at Broadway Theatre

Bottoms up. Movie house the first to sell alcohol in province

Moviegoers in Saskatoon will soon be able to wet their whistles while enjoying their favourite flicks.

Beginning this Friday, the historic Broadway Theatre will become the first in the province to offer alcoholic beverages during film screenings.

"I'm glad that we can provide good customer service just like any other business," said Kirby Wirchenko, executive director of the theatre.

The Saskatchewan Liquor and Gaming Authority (SLGA) opened up its rules and regulations last spring to allow cinemas to apply for liquor permits.

Wirchenko said that he has been in talks with representatives of the SLGA since the fall to negotiate the terms of their agreement.

"The provincial government that's in place wanted to reduce the red tape involving liquor and business together," he said.

Now regular 9 p.m. show times are going to be 19-plus and patrons will be allowed to buy beer or wine.

Since the Broadway Theatre already has a liquor licence and operates a bar during live performances, Wirchenko said including films was a logical extension for the venue.

"I never want to see the Broadway as a museum," he said. "I want to see us as a dynamic business that makes good decisions and moves forward in smart ways."

For Wirchenko, this is something that has been a long time coming in Saskatchewan.

"We were one of the last provinces where … you would be able to mix liquor and a film," he said.

The Broadway Theatre is screening commercials from the Cannes Lions International Festival of Creativity on Friday night to celebrate.

JACOB MORGAN/METRO

Kirby Wirchenko, executive director of the Broadway Theatre, at the concession stand, where customers will soon be able to purchase alcoholic drinks during nighttime movie screenings. JACOB MORGAN/METRO

Officials change stance on 'Got Land?' sweaters

School and First Nations officials in a Saskatchewan town have backtracked after asking students who wear sweaters with the phrase "Got Land? Thank an Indian" to turn the clothes inside-out.

Several students at Balcarres Community School, about 90 kilometres northeast of Regina, began wearing sweaters with the printed slogan last spring, according to principal Brian Endicott.

Some community members found the clothing offensive, leading school and First Nations leaders to initially ask students to wear it inside-out.

"We never banned the shirt, but as a community we discussed the implications based on the concerns of some vocal community members," Endicott said.

The issue was raised again on Friday when Grade 8 student Tenelle Starr, 13, wore a sweatshirt bearing the words "Got Land?" on the front and "Thank an Indian" on the back.

The message alludes to land treaties in Saskatchewan in the late 1800s between aboriginals and the Crown, enabling Europeans to live on land historically owned by First Nations people.

"I think of it as a teaching tool that could help bring awareness to our treaty lands," said Starr, a Star Blanket First Nation member.

Many have praised what they see as Starr's bravery for continuing to wear the shirt despite the controversy.

"I feel proud of what I have done and I'm just really glad to be sending the message out," Starr said.

A school assembly has been held with the reserve's chief, Michael Star, and its council to give students background on the message. Endicott said it "was very positive and allowed students to learn from the situation, and to ask any questions they may have had."

The school and the First Nation's leaders have since allowed students to resume wearing the clothing with the slogan on school grounds.

SARAH TAGUIAM/METRO IN REGINA

Canadian who joined militants killed in Syria

Damian Clairmont. 22-year-old Calgary man is believed to have converted to Islam and joined recognized terrorist group

JEREMY NOLAIS
Metro in Calgary

Damian Clairmont FACEBOOK

A Calgary high school dropout has been killed by soldiers with the Free Syrian Army while fighting for a recognized terrorist group, according to a friend's online post.

Damian Clairmont, 22, born in Nova Scotia, is believed to have converted to Islam, joined a force called Jabhat al-Nusra and departed for Syria in late 2012 to join rebel efforts to overthrow the government of President Bashar al-Assad.

"My bro … Abu Talba al-Canadi executed by FSA!" wrote Abu Turan al-Muhaljr on Twitter, before posting a photo of Clairmont, who was known by multiple names.

Al-Muhaljr later identified the man in the photo as Clairmont and added that he "was killed while defending himself and his brothers from the FSA onslaught in Aleppo."

But Canadian Foreign Affairs officials offered no specifics on Clairmont's fate amid inquiries made Wednesday.

"We are aware of reports that Canadians have been killed in Syria," said spokesperson Jean-Bruno Villeneuve in an emailed response. "We are following the situation closely."

An unnamed Canadian security source did confirm Clairmont's death to Torstar News Service, but did not provide specifics on the circumstances.

WITH FILES FROM TORSTAR NEWS SERVICE

Cremated in Canada?

DNA test planned in body mix-up investigation

The daughter of a U.S. woman whose casket contained the wrong body says DNA tests will be performed to determine if her mother was accidentally cremated in Canada.

Lisa Kondvar discovered someone else's body in Margaret Porkka's casket last month at a New Jersey funeral home.

Porkka, 82, had died unexpectedly during a trip to St. Maarten over Thanksgiving and the family suspects her body was confused with that of a Canadian woman who died on the island around the same time.

Scott Aldridge, a detective in Barrie, Ont., says that the woman in Porkka's casket has been identified as 82-year-old Kathleen Togwell of Barrie and her body is being returned to Canada.

Kondvar said bodily fluids were recovered from a casket in Canada that might have contained Porkka's body. The family has sent her hairbrush and toothbrush for DNA testing and results are not expected until the end of the month.

THE ASSOCIATED PRESS

UN to question Vatican on its efforts to protect children

Pope Francis stands up during his weekly general audience in St. Peter's Square at the Vatican Wednesday. The Holy See is gearing up for a showdown over the global priest sex-abuse scandal — it will be grilled Thursday by a UN committee in Geneva on its implementation of the UN Convention on the Rights of the Child. Among other things, the treaty calls for signatories to take all appropriate measures to protect children from harm. ANDREW MEDICHINI/THE ASSOCIATED PRESS

An Indian policeman stands outside the police station, which is investigating the gang-rape of a Danish tourist in New Delhi, India, Wednesday. TSERING TOPGYAL/THE ASSOCIATED PRESS

Police say Danish tourist gang-raped in New Delhi

A 51-year-old Danish tourist was gang-raped near a popular shopping area in New Delhi after she approached a group of men for directions, police said Wednesday.

Police spokesman Rajan Bhagat said two people were arrested after a daylong search for the suspects.

The woman also was robbed and beaten in the attack, which happened Tuesday near Connaught Place, Bhagat said. The attack is the latest crime to focus attention on the scourge of sexual violence in India.

The woman asked the men for directions to her hotel, Bhagat said. They lured her to a secluded area where they raped her at knifepoint, according to the Press Trust of India.

The woman managed to reach her hotel Tuesday evening and the owner called police.

"When she came, it was miserable," said Amit Bahl, owner of the Amax hotel in the Paharganj area. The woman was crying and "not in good shape," he said.

"I am really ashamed that this happened," said Bahl, who sounded shaken.

The woman, whose name was not released, was on her way back to Denmark, said Ole Egberg Mikkelsen, head of the Danish Foreign Ministry's consular department in Copenhagen, which handles cases involving Danes abroad. Egberg Mikkelsen said the woman had received assistance from Indian and Danish authorities, and that her next of kin had been contacted.

An Indian police official said the woman boarded a flight home Wednesday morning.

The problem of sexual violence in India has gained widespread attention since the horrific gang rape and murder of a 23-year-old woman on a moving bus in December 2012. Public fury over the case has led to more stringent laws that doubled prison terms for rape to 20 years and criminalized voyeurism and stalking.

But for many women, particularly the poor, daily indignities and abuse continue unabated and the new laws have not made the streets any safer.

THE ASSOCIATED PRESS

Myanmar. Military still using rape as a weapon of war, say rights activists

A soldier in full uniform saw the seven-year-old in her front yard soon after her parents left to tend to their rice paddies in Myanmar's restive state of Shan. She said he ordered her inside the family's bamboo hut.

"He hit me and told me to take off my clothes," the girl told the tightly packed courtroom in a whisper, as her alleged assailant, Maung Win Htwe, looked on, stone-faced.

"Then … he raped me."

Rights activists in Myanmar, also known as Burma, say the army continues to use rape as a weapon of war nearly three years after President Thein Sein's nominally civilian government ended a half-century of brutal military rule. On Tuesday, the Women's League of Burma released a report documenting more than 100 rapes, almost all in townships plagued by stubborn ethnic insurgencies. THE ASSOCIATED PRESS

Volatile Dagestan region

Gunfight leaves 5 dead in Russia

A shootout between security forces and militants in the volatile Russian region of Dagestan killed five people, authorities said.

The gun battle broke out after militants barricaded themselves inside a home in the village of Karlanyurt, Dagestan Investigative Committee spokesman Rasul Temirbekov said.

The fatalities included three security force members and two militants.

THE ASSOCIATED PRESS

For the Queen. Chocolate castle, enamelled beetles among unusual gifts

Queen Elizabeth II received dozens of traditional gifts last year — but she also got some unusual items.

The High Commissioner for Bangladesh gave the Queen four enamelled Scarab beetles, and Sri Lanka's president chose a portrait of the monarch burned onto a tree trunk. The maker of Mars Bars gave her a chocolate version of Windsor Castle.

Some of the more lavish items included a family photograph in a gold frame set on a jeweled ostrich egg and a five-strand pearl necklace, given by the president of the United Arab Emirates.

THE ASSOCIATED PRESS

With love, from Canada

- The Lieutenant Governor of Saskatchewan gave Queen Elizabeth a diamond and tourmaline brooch last year.
- A Canadian artist presented Princess Anne an art print of the Queen's daughter riding a moose.

New York

Kittens break into max security jail

A litter of four kittens has found a cosy home in the least cosy of places — the basement of the maximum-security Great Meadow prison in Fort Ann in upstate New York.

The family of feral felines has been cared for by inmates and prison staff. Head electrician Bruce Porter arrives at work early so he can tend to the cats, which live in a large cage built by an inmate.

THE ASSOCIATED PRESS

Sharing food makes the heart grow fonder, at least in chimps

Two chimpanzees share a piece of watermelon at Taronga Zoo in Sydney, Australia. RICK STEVENS-TARONGA ZOO/GETTY IMAGES FILE

Love hormone. Study found both the giver and receiver of food had higher levels of oxytocin, indicating sharing makes both parties feel good

A study published Wednesday appears to confirm that friendships are forged at mealtimes, at least for our closest living relatives.

Scientists from Germany, Switzerland, Britain and the United States have found that chimpanzees who share their food have higher levels of oxytocin, known as the love hormone, than those who don't.

Oxytocin has previously been linked to bonding between mothers and their breastfeeding babies, both in primates and humans.

Roman Wittig of the Max Planck Institute for Evolutionary Anthropology in Leipzig, Germany, said chimpanzees had more than twice the level of oxytocin after sharing food than after mutual grooming — another important bonding behaviour in primates.

Julia Lehmann, an evolutionary anthropologist, said the results appear to support the idea that food sharing can extend social benefits normally found in animals who are related to each other to those dining partners who aren't related. In other words, the way to a chimp's heart is through its stomach.

THE ASSOCIATED PRESS

Quoted

"We think food sharing can help spark new friendships, whereas grooming is more for confirmation of existing relationships."

Roman Wittig, Max Planck Institute for Evolutionary Anthropology in Germany

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Abortion clinic protest rules up for debate

Alan Hoyle, of Lincolnton, N.C., stands outside the U.S. Supreme Court in Washington, D.C., on Wednesday. The court heard arguments on the regulation of protests at abortion clinics and seemed likely Wednesday to strike down a Massachusetts law setting a 10-metre protest-free zone outside clinics.

EVAN VUCCI/THE ASSOCIATED PRESS

Google caught displaying illegal ads

'Google must correct this.' Canada's privacy commissioner is also pushing the company to make it easier for consumers to be heard

Google has been caught afoul of the law by displaying web ads linked to a person's health history, according to Canada's interim privacy commissioner Chantal Bernier.

An investigation by her office backed up a man's complaints that he was seeing so-called behavioural advertisements based on his web browsing history. After searching for information about devices to treat sleep apnea, he began to see ads for those devices as he browsed the web.

While behavioural advertising is not illegal, Canada's privacy law does not allow consumers to be targeted based on "sensitive personal information," including their health.

Google's privacy policy outlaws displaying advertisements based on race, religion, sexual orientation or health. But the Mountain View, Calif.-based company acknowledged that some advertisers using its ad-serving platform were not following the policy.

Google has pledged to upgrade the system that reviews ads for compliance, increase the monitoring of ads and provide more information to advertisers and staff about the rules.

"The monitoring system was not tight enough, not robust enough to ensure compliance; it wasn't extensive enough to deal with the volume of ads," said Bernier in an interview.

"What this brings to light is the complexity of ensuring compliance in relation to online behavioural advertising and therefore the compliance mechanisms, the monitoring, the training of staff, the frequency of reviews has to be really brought up."

The company, which declined an interview request, said it will implement the changes by June.

"We've worked closely with the office of the privacy commissioner throughout this process and are pleased to be resolving this issue," said a Google Canada spokeswoman in a statement.

THE CANADIAN PRESS

Baird gets pushy about passing the pipeline

In an attempt to press the Obama administration on its own turf, Foreign Affairs Minister John Baird used the first day of a Washington visit to repeatedly call for a prompt decision on the Keystone XL pipeline.

He buttressed his case by making public appearances Wednesday with two pro-Keystone Democratic senators, who both expressed frustration with how long the administration has dragged out the decision.

Baird offered a snappy reply when asked if there's anything pro-Keystone politicians on either side of the border could still say or do to influence a debate that has been going on for years.

"One politician — the president of the United States — can say yes to a great project to create jobs on both sides of the border, help with energy independence and energy security," Baird replied, drawing a chuckle from the lawmaker next to him, Democratic Sen. Heidi Heitkamp of North Dakota.

"Decision time is upon us."

He repeated the "decision time" phrase on three separate occasions at two public appearances Wednesday, making increasingly clear the Canadian government's frustration over the prolonged approval process.

Baird supporter

"It has taken us longer to make a decision than it took us to defeat Hitler in the Second World War."

Democratic Sen. Heidi Heitkamp of North Dakota, a pro-Keystone lawmaker

Baird held a half-dozen meetings on Capitol Hill and several other get-togethers throughout the day. His two media appearances — both with pro-Keystone lawmakers from the president's party — allowed them to air their own feelings.

"I will tell you the frustration that many of us have," said Heitkamp.

"It has taken us longer to make a decision than it took us to defeat Hitler in the Second World War."

Last fall in New York, Prime Minister Stephen Harper said Canada would not take "no for an answer" until the Alberta-to-Texas pipeline is approved. More recently, he suggested the U.S. president had "punted" a politically uncomfortable dilemma by adding additional steps to the regulatory process.

When asked how soon he expected a decision, Baird said the ongoing environmental review by the State Department could be completed and released "in the coming weeks," soon after this month's state of the union address. After that, he said, a decision could be announced quickly.

He delivered a similar message during a meeting with Louisiana's Mary Landrieu, touted as the likely next chair of the Senate energy committee. With media invited into the meeting, she sympathetically placed a hand on Baird's as she shared her regrets about how long the process had taken.

THE CANADIAN PRESS

Foreign Affairs Minister John Baird. SEAN KILPATRICK/THE CANADIAN PRESS

Your country needs you ... to lose some weight

Best and brightest, but not always lightest.
Police units and armies struggle to find recruits who are fighting fit

ELISABETH BRAW
Metro World News in London, U.K.

Recently Mike Harper ran into the wife of a police officer friend on a Dallas street.

"She told me she was worried about his safety because his colleagues are overweight," he recalls.

The wife had good reason to be concerned. Even though American police officers should be fitter than average, a comprehensive study reports that they're less fit than half of the population.

"They have to be able to crawl and run," notes Harper, a fitness educator in charge of police and military programs at the Cooper Institute in Dallas.

"These are not tasks that you do every day, but it's critical that you're able to do them. It's like using a firearm. You don't need it every day, but when you do need it, it's essential that you know how."

And police officers are not the only ones with a weight problem. According to Lt.-Gen. Mark Hertling, no less than 75 per cent of civilians wanting to join the U.S. Army are ineligible due to being overweight.

And "of the 25 per cent that could join, what we found was 65 per cent could not pass the (physical training) test on the first day," he said in a speech.

"Young people joining our service could not run, jump, tumble or roll. These are the kind of things you would expect soldiers to do if you're in combat."

According to the U.S. National Center for Health Statistics, between 1959 and 2008 the percentage of men who were ineligible for military service because of their weight doubled, while the percentage of ineligible women tripled.

Even though Hollywood portrays army physical training as extremely gruelling, the fitness test for new soldiers is surprisingly low.

"Fifty push-ups, 40 sit-ups and a 1.5-mile run in less than 10 minutes," notes Stew Smith, a former Navy SEAL who now runs a fitness company for soldiers and officers.

Now armed forces and law-enforcement agencies are getting serious about fitness, enlisting companies like Smith's and the Cooper Institute to train their staff. Some, like the British Army, have even developed apps to help applicants get fit. In fact, many former elite soldiers have discovered a business niche in fitness companies.

However, fitness apps won't really make a difference, observes Smith.

"The police and military do their best with what society brings them, but this is a society-wide problem. A financially struggling population will keep eating crappy, inexpensive food."

Fat chance: While experts contend that police officers should be in prime physical state, in truth they have the same weight problem as the rest of the population. GETTY IMAGES

Stew squat: Former Navy SEAL turned fitness instructor Stew Smith puts police officers through a squatting exercise. COURTESY STEW SMITH

Russia

Rotund get rejected

In recent years, Russia's much-maligned police force has been trying to revamp its image, including tackling obesity among officers.

"The fat and paunchy will not get through," former interior minister Rashid Nurgaliyev said in 2011.

The force was literally slimmed down by 20 per cent. Police are now obliged to pass physical tests, with top performers getting a bonus salary. **EVGENIY MORUZ/ METRO WORLD NEWS IN MOSCOW**

Canadian Forces work with what they've got

It's hard enough to attract recruits to the Canadian military or police forces without worrying about fitness.

An internal Defence Department audit released last year noted that "fitness and education levels of recruits in the last five years have been slightly lower than in the past," when compounded with other factors such as mobility, changing career expectations and an aging workforce.

Recent reports show that American police and armed forces are struggling to find new recruits who satisfy the weight restriction.

It's slowly becoming the case in Canada too. The Canadian Forces have been adapting their application process to accommodate its changing applicant pool.

In 2006, the military eliminated the Canadian Forces Applicant Physical Fitness Test as a pre-enrolment screening process, with some exceptions.

Instead of a physical test right off the bat, the evaluation is done once they've been admitted to basic training. The three per cent that fail are not disqualified — rather, they are given the option to join the 90-day Warrior Fitness Training Program.

Recruits who get in shape within the 90 days are returned to basic training.

But the changes don't necessarily mean the Canadian Forces are lowering their standards to bring in more recruits, according to Christian Leuprecht, a Royal Military College and Queen's University professor who has spent years studying military demographics and recruitment.

"I think it's important to realize — just like the way companies can't expect the people who wander through the front door to have all the skills that a company might need and that a company invests in training — the Armed Forces look at the potential that the candidates bring rather than necessarily candidates that already have all the physical attributes that the organization is looking for," he said.

PHOEBE HO/FOR METRO IN TORONTO

True calibre

"I think the challenge is not necessarily recruiting the numbers. I think the challenge is recruiting the quality of individual that the Canadian Armed Forces is looking for."

Christian Leuprecht, Royal Military College and Queen's University professor

Has Colorado gone to pot? High prices a total buzzkill

Up in smoke. While legal marijuana dispensaries bring in the green, issues have blunted enthusiasm

KIERON MONKS
Metro World News

Laws sprouting like weeds

Further states are expected to legalize recreational sales, with Oregon likely to be next. But Colorado has shown the complications as well as the potential.

Sam Walsh, left, a budtender, and facility manager David Martinez set up marijuana products as the 3D Denver's Discrete Dispensary prepares to open for retail sales on Jan. 1 in Denver, Colo. Legalization of recreational marijuana sales in the state went into effect at 8 a.m. on New Year's Day. THEO STROOMER/GETTY IMAGES

There has been a party atmosphere around Colorado's marijuana dispensaries since recreational sales became legal at the turn of the year.

"People have been queuing for four to five hours," says Ryan West, an employee at a Denver dispensary. "Everyone is so excited and proud to be in the first state to legalize, and there is so much room to grow."

West is a product of that growth, hired on Jan. 1 to cope with a boom that saw sales of more than $5 million inside the first week. Fewer than 200 dispensaries are licensed to sell the drug for recreational use and that number is set to rise, while related industries such as "weed tourism" are also growing rapidly.

But there have been unintended consequences, with prices more than doubling in some cases to more than $400 US an ounce (28 grams). This is far higher than the rates of illegal dealers, allowing them to compete, despite the claims of marijuana advocates that a legal industry would replace the black market.

Illegal dealers are also benefitting from police confusion over new laws that have seen an 80 per cent drop in prosecutions since 2012, including for distribution. "Law enforcement feels like they don't know which way to turn," Tom Raynes, executive director of the Colorado District Attorneys' Council, told the Denver Post.

Campaigners supporting legalization believe these issues are temporary glitches.

"There has been historic demand at a historic moment, but as the number of licenses grow the demand and price will settle," Taylor West, deputy director of the National Cannabis Industry Association, told Metro.

"At that point the underground market will become obsolete."

But the industry faces structural difficulties. Banks are currently forbidden from holding money generated through drug sales, forcing businesses to operate in cash, which demands more labor and risk. They are also denied tax advantages of other businesses through a gap between state and federal law.

"Banking and tax are the big areas we are working on now in Washington," said West.

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Daddy, I got $500 in dragon food! Apple to refund $32M in app purchases by kids

Apple will refund at least $32.5 million US to consumers to settle a federal case involving purchases that kids made without their parents' permission while playing on mobile apps, the government announced Wednesday.

The Federal Trade Commission said Apple will make full refunds for any such in-app purchases made by kids using mobile phones and other devices, and incurring charges by accident or without parents' permission.

Apple will have to change its billing practices to make it more obvious that an actual purchase is taking place during the course of the game or app.

The commission said it had received tens of thousands of complaints about unauthorized charges.

Edith Ramirez, the agency's head, said the settlement involves mobile apps and charges racked up when kids bought things such as virtual currency or dragon food. In some cases, Ramirez said, charges ran into the hundreds and even thousands of dollars.

THE ASSOCIATED PRESS

Backlash to the backlash

Oil has been unfairly cast as a 'villain': Oil CEO

Canadians are being misled about the oilsands by critics and celebrities making "sensational" and "unfounded" allegations, the chief executives of two of Canada's biggest energy companies said Wednesday.

"Like a character in a Hollywood movie, oil has been cast as a villain," Cenovus Energy president and chief executive Brian Ferguson said during a panel discussion at the Canadian Club of Toronto.

"In Hollywood, the land of make-believe, everything is black and white, good and evil ... but the real world does not work that way." THE CANADIAN PRESS

Antitrust

The EU vs. Google

The EU's antitrust watchdog has upped pressure on Google to provide better proposals to address allegations it is abusing its dominant position. THE ASSOCIATED PRESS

Market Minute

DOLLAR 91.37¢ (+0.03¢)

TSX 13,772.58 (+80.20)

OIL $94.17 US (+$1.58)

GOLD $1,238.30 US (-$7.10)

Natural gas: $4.33 US (-$0.02)
Dow Jones: 16,481.94 (+108.08)

THE EH-LIST: THE BEST OF CANADA

HE SAYS

John Mazerolle
metronews.ca

It's time to thank everyone you know, strike up the band (mid-sentence) and put one foot in front of the other, before a smiling woman in heels points out you're walking in the wrong direction.

Yes, it's awards season. I'd have described it better, but I didn't think I'd be called upon for this honour so I didn't prepare anything.

The Golden Globes have been handed out, the Oscar nominations were announced today, and The Canadian Screen Awards are back one year after they first combined the Genies and the Geminis into the coveted Geminenies.

The CSAs seemed to meet our country's high standards, which is why I was excited to have full, exclusive access to this year's show, which was pre-recorded yesterday and remains distinctly Canadian despite some faint U.S. echoes:

Red carpet. Oh, my. The recurring themes this year were boots and Roots! And you've never seen such an array of plaid. I don't want to give away who everyone was wearing, but let's just say it was a very good year for French designer Jacques Cousteau.

In memoriam. A video montage of all the great entertainers we lost in 2013 is intercut with smug Canucks saying, "They were Canadian, y'know" at every opportunity.

Orchestra pit. By law, 40 per cent of the orchestra's play-off music was CanCon. Also by law, 40 per cent of that was New Orleans is Sinking.

Lifetime achievement award. The City of Toronto was honoured for its recurring, lifelong film portrayal of Chicago.

Big Winners. I'm sworn to secrecy or the Trailer Park Boys will mess me up, but here are the top contenders:

Gravity Canada: Same as the American version, except Perfect Human and Everyastronaut Chris Hadfield plays the George Clooney role, meaning nobody dies, none of the space stations are destroyed, and he puts the satellites back together while holding a video town hall with schoolchildren in Sarnia.

Canadian Hustle: One hundred and thirty eight minutes of Mike Duffy coverage, captured in the tagline, "If you thought cameras weren't allowed in the Canadian Senate, think again."

Blue is the Coldest Colour: Set during February in Edmonton, the movie's lesbian love scenes aren't much to look at because they happen under 27 layers of blankets.

Her, eh?: A lonely writer falls in love with his BlackBerry. She loses most of her self-worth and he moves on to his new girlfriend Siri after a couple of weeks.

Conrad Black: Protracted Constitutional to Freedom: This stirring story brought to you with funding from Conrad Black deals with one of Canada's greatest heros as he struggles valiantly against oppression, including being thrown in jail and even stripped of his nationality. Each ticket-holder is given a dictionary and thesaurus upon entrance.

That's my sneak peek, Canada! I have very little time left but I'd just like to thank —

(New Orleans is Sinking.)

Aw, nuts. Sorry.

ZOOM

Sending up some protection

CHUNG SUNG-JUN/GETTY IMAGES

Anti-NK balloons fly over border

North Korean defectors, including former soldiers, release prophylactic-shaped balloons due to fly to the North, carrying leaflets condemning North Korean leader Kim Jong-un.

Letters on the balloons at the rally near the demilitarized zone between the two Koreas read: "End the world's worst three-generation dictatorship." METRO

By the numbers

500,000

Anti-North Korea pamphlets.

1,500

USB flash drives loaded with the Korean-language version of the online encyclopedia Wikipedia.

1,000

United States one dollar bills and DVDs detailing human rights abuses in the North.

Activist's viewpoint

"There is clearly enormous hunger for outside information in North Korea. USB keys are one of the most powerful tools, because they're small, can be hidden and shared easily, and carry massive amounts of data."

Thor Halvorssen, president of the U.S.-based Human Rights Foundation

Sending a signal: Around 50 tiny transistor radios were also included in the floating packages headed to North Korea.

CHUNG SUNG-JUN/GETTY IMAGES

Clickbait

IRENE KUAN
Metro Online

Wasting time surfing the web shouldn't be a regular activity but sometimes, you just have to. Here are some sites that I guarantee: Just one click will get you hooked.

SCREEN GRAB

ChinaSMACK: A website devoted to news about the world's most populous country is bound to be fascinating. Founded in 2008, ChinaSMACK posts stories found in Chinese media that are trending on microblogging sites like Weibo. Most of the articles have been translated from Chinese to English, so the quality of the writing isn't great, but you won't care once you start reading some of the crazy stories being talked about amongst Chinese netizens. Learn what a "human flesh search" is.

Distractify: One of the newer entries on the web, this site is similar to Buzzfeed, often posting entertaining, albeit useless articles. Wouldn't you like to learn about 'The 29 most infuriating things EVER?' Business Insider has called Distractify one of the fastest growing sites ever, with over 10 million Facebook shares since its launch in October.

Upworthy: This social media site posts viral articles that encourage debate amongst its readers. They say they will not clutter the site with "pageview-juking slideshows," but do admit the site is biased, hence "speaking the truth." It can get a little spammy with pop-up ads, since they don't make any actual money yet.

Twitter

Google is in trouble for ads based on health info searches. @metropicks asked: Do ads like this make you feel violated?

@RobbieRobb: If I search online for anything I expect it to be fair game for advertising.

@Russell_Barth: google is YET to suggust any Medical Marijuana products or sites, oddly....

Comments

RE: New facial recognition app 'creepy', says kids entertainer Raffi, published online Jan. 10

Facial recog is only getting better and will never go away. The moment we sent our single photo to the cloud, our faces became public property, worse, all your info and images on FB belong to that company, meaning that they can even sell them if they so wish

johnnyive, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

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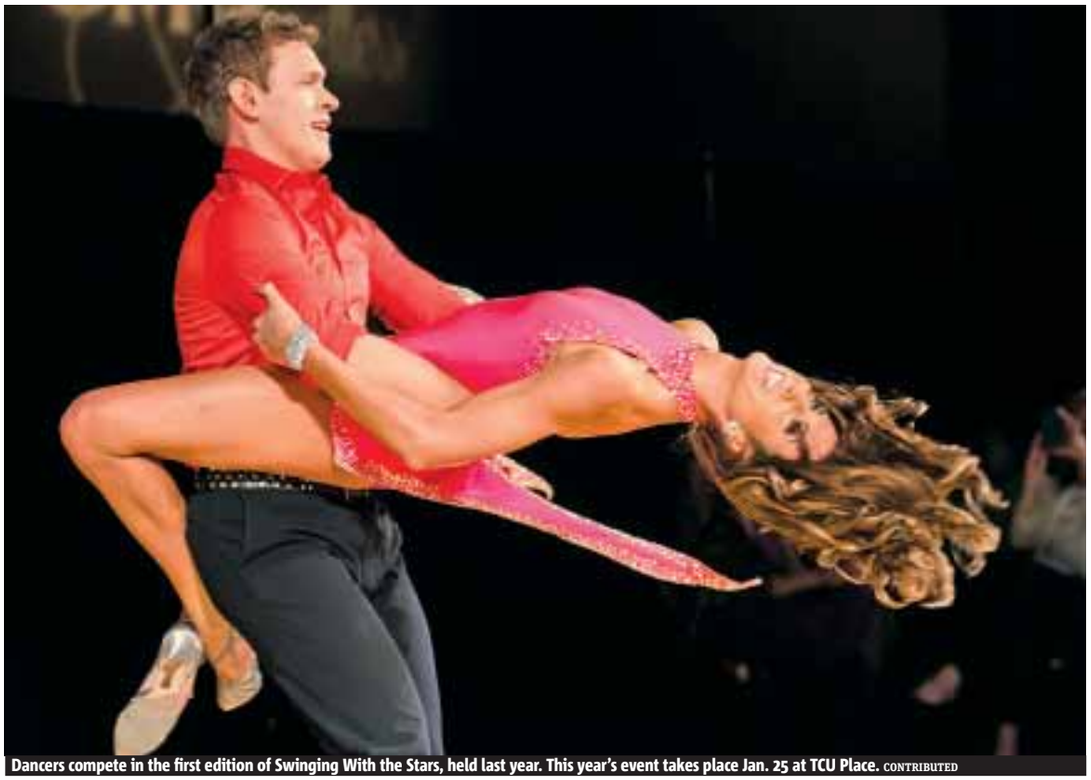
SCENE

Councillor Davies switches focus from politics to the dance floor

Swing with the Stars. City politician will compete alongside 7 other local celebrities and it's all for charity

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca



Dancers compete in the first edition of Swinging With the Stars, held last year. This year's event takes place Jan. 25 at TCU Place. CONTRIBUTED

City Councillor Troy Davies has been in the news a lot recently, voicing concerns about the condition of Saskatoon's roadways this winter. As an elected official and employee of MD Ambulance, his concern is understandable.

But is it possible there is also something else at work, related to a more recent passion? Could it perhaps have to do with the fact that as he prepares to achieve perfection as a dancer, the sight of cars sliding through intersections is just too ungraceful to behold?

"Everything's with grace and timing, whether it's at red lights or on the dance floor, you can definitely make that comparison," Davies said with a laugh.

Davies is one of eight local celebrities who will be competing in the second Swinging with the Stars event, Jan. 25 at TCU Place. While preparing for this type of event might sound like a fun respite from the world of politics, he says it has been an intense process.

"We've done more than 20 hours of practising and we've still got a lot to go, just because it's pretty competitive and I think everybody is taking it pretty seriously and want to make sure they put on a good show for the people who pay the money to be there."

The event is based on the reality television show Dancing with the Stars, as each celebrity is paired with a trained dancer. But in addition to working with his partner, Davies is receiving help on the home front as both his wife and daughter are dancers — which he says has been a mixed blessing.

"It's good and bad because they're brutally honest, but I work better under pressure and they're giving me a lot of comments to help get me ready."

Swinging with the Stars is the brainchild of Brett Bayda, who was blown away by the success of the inaugural event last year. He had hoped to break even by selling 350 tickets, but instead the event sold out, raising $42,400 for charity. He says those results made it easier to recruit celebrities for round two.

"This year was a little easier because everyone had heard about it, four of the dancers actually approached me this time and asked if they could dance because they wanted to be a part of it," Bayda said. "They're all type A personalities, they want to win the trophy and get those bragging rights."

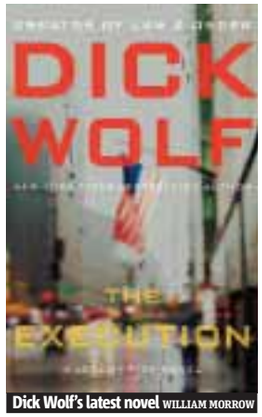
Proceeds from the event will support Prairie Hospice, an organization dedicated to improving quality of life in the home for those facing illness and death.

Details

- **And there's more.** Other celebrities participating in this year's event include singer Theresa Sokyrka, Saskatchewan Roughrider Graig Newman and Mrs. Canada 2013 Melanie Wildman.
- **Tickets.** visit picatic.com or e-mail brett@surpriseher-gifts.com.

Prolific Wolf premieres latest cop drama, still finds time to write a book

Chicago P.D. Veteran producer shows no signs of slowing down with high hopes for newest shows



Dick Wolf's latest novel WILLIAM MORROW

Jason Beghe as Detective Sgt. Hank Voight, left, and Sophia Bush as Erin Lindsay in a scene from Chicago P.D. MATT DINERSTEIN/NBC/THE ASSOCIATED PRESS

Hours before last week's premiere of his new series, Chicago P.D., Dick Wolf acknowledged he was nervous. Actually, "terrified" was the word he used.

This from a TV impresario whose credits include the hydra-headed Law & Order franchise and whose shows have been a prime-time mainstay every season for a quarter-century.

The morning after it premiered, Wolf would learn that a solid 8.6 million viewers had tuned in.

Airing Wednesdays on Global at 10 p.m. ET/PT, the show is centred around the Chicago Police Department's scrappy Intelligence Unit; the series pits Detective Sgt. Hank Voight and his team against the worst killers, drug traffickers and mobsters the Windy City can deliver.

A righteous cop who plays dirty when he needs to, Voight is in good hands with series star Jason Beghe in a portrayal that began on last season's Chicago Fire, an action drama about big-city firefighters, which is midway through its second robust season. (Chicago Fire airs Tuesdays on Global at 10 p.m. ET/PT.)

At 67, Wolf is a veteran producer whose resumé reaches back to Miami Vice in the mid-1980s, and who, through much of the past two decades, kept the lights on at NBC when it had little else anybody would watch.

His métier is the full-scale broadcast network drama spanning a season of two dozen self-contained episodes, and with it he prospers, even now in an era when edgy cable fare in serialized gulps of a dozen or fewer hours commands much of TV's buzz and critical acclaim.

Wolf drew an analogy between the indie-film model of these cable-TV series as compared with broadcast networks' mainstream-movie paradigm in describing Chicago P.D. as "a big, old-time television top-drawer series production."

Last week Wolf was also marking the publication of his latest novel.

The Execution brings back NYPD Detective Jeremy Fisk, whom Wolf introduced in his first novel, The Intercept. Now Fisk's Joint Terrorism Task Force is back on high alert as an elusive assassin heads to Manhattan for United Nations Week.

"There are stories that are just too big for a series episode or even an arc," said Wolf when asked what prompted his literary ventures.

But how did Wolf, with his TV empire to tend, find time to be an author?

"I've got small kids," he replied with a laugh before sharing iPhone photos of his 6-year-old daughter and 3-year-old son. "I have a very pleasant existence in Montecito (Calif.). I'm on a school schedule now, home in the morning 90 per cent of the time. So writing became a routine."

What he called "my quiet hope" is that these thrillers and their hero might inspire an annual Jeremy Fisk miniseries.

But weekly, scripted drama remains Wolf's true forte. He considers himself a businessman generating inventory with a lucrative afterlife as cable repeats.

"The stakes are so huge for the next decade!" he said, picturing the same happy prospect for his Chicago shows.

Meanwhile, he's thinking internationally. He produces a Law & Order edition for the United Kingdom, Law & Order: Criminal Intent in France and Russian versions of CI and SVU, among other global iterations.

"I'd really like that to happen with (Chicago) Fire and P.D.," he said. "Every big city on the planet has a police department and a fire department. How about Paris Fire?"

And all the better if, back home, this domestic duo spawns a third Chicago series. How about Chicago Justice?

"From your lips to Mr. Nielsen's ears," Wolf replied. "But there's no possibility of that happening unless P.D. succeeds. So believe me when I say that our entire focus is getting this one to work." THE ASSOCIATED PRESS

Quoted

"Is it retro? Not to me. I just think it's a really good cop show."

Dick Wolf, TV Producer
On Chicago P.D.'s two dozen self-contained episodes on broadcast television

Stewart 'terrified' to take on Equals

Fearing the future. Actress says she can't believe she agreed to work on Drake Doremus' ambitious new sci-fi drama

Quoted

"It's a love story of epic, epic, epic proportion. I'm scared." **Kirsten Stewart,** on playing the lead in Equals

Kristen Stewart has signed on to play the lead in Like Crazy director Drake Doremus' futuristic love story Equals, and it's making her a nervous wreck.

"I can't believe I agreed to do it," said the Twilight actress about her upcoming role in the sci-fi drama, which also stars Nicholas Hoult of the upcoming X-Men: Days of Future Past.

Stewart describes Equals as a slightly updated version of the 1956 film 1984, based on George Orwell's classic novel about rebellion in a repressed futuristic society. Equals begins filming later this year.

"I'm terrified of it," said the 23-year-old actress in a recent interview. "Though it's a movie with a really basic concept, it's overtly ambitious."

"In Equals, things go wrong because you can't deny the humanity in everyone," said Stewart. "It's the most devastating story."

Adds Doremus of his sixth film: "It's about love in a world where love really doesn't exist anymore."

Written by Nathan Parker (Moon), Equals is the first film Doremus will direct that he didn't write himself.

"I trust Drake's process and I know we will do something really natural and real," said Stewart.

"But I told Drake, 'Don't expect that I am going to be able to do this. It's too hard.' But he wouldn't take 'no' for an answer. I've given directors disclaimers before, but never this much."

Jennifer Lawrence, who appeared in 2011's Like Crazy, was one of the first actresses to read Parker's script. Though the story brought her to tears, she couldn't see herself in the role, said Doremus.

"It became evident in my head that Nick and Kristen would have great chemistry," the director said.

This week, the actress heads to the Sundance Film Festival in Park City, Utah, where she'll star in writer-director Peter Sattler's soldier film Camp X-Ray.
THE ASSOCIATED PRESS

Kristen Stewart, shown in this March 2013 file photo, will co-star with Nicholas Hoult in the futuristic love story Equals. JORDAN STRAUSS/INVISION/THE ASSOCIATED PRESS

Liam Payne. ALL PHOTOS GETTY IMAGES

Liam Payne apologizes for living on the ledge

One Direction member Liam Payne says he is sorry for being "stupid and irresponsible" after he was photographed standing on a building ledge 34 stories above the ground.

A photo published Wednesday in British tabloid the Sun shows the boy-band singer standing on the ledge of a high-rise with a city that appears to be London behind him.

The 20-year-old said in a statement that "I regret being there and having a photo taken. It was a stupid and irresponsible thing to do."

He urged fans not to imitate his "extremely dangerous" behaviour.

The band emerged from Simon Cowell's British TV series The X Factor in 2010 and became one of the world's top-selling groups, with three albums topping U.S. music charts.

THE ASSOCIATED PRESS

Lohan orders police protection for party

Lindsay Lohan likes to use protection, apparently. While in London this week, the scandal-prone starlet reportedly put in a call to the Metropolitan Police to provide an escort for a 10-foot walk from her car to a venue for a friend's birthday party, according to the Mail Online. Lohan apparently felt she needed the beefed up security detail because of a clutch of paparazzi waiting and she reportedly asked the police to arrest the photographers for loitering. METRO

Lindsay Lohan

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Duff needed more marriage stuff from Comrie

THE WORD
Dorothy Robinson
scene@metronews.ca

It looks like Hilary Duff and her soon-to-be ex-husband, ex-NHL star Mike Comrie, tried marriage counselling for over 18 months before announcing their separation. But in the end, it wasn't enough to save their union as apparently Comrie didn't do "any of the things they'd worked on."

A source (aka: "someone from Huff's PR team") told Us Weekly, "She felt he didn't put enough effort into the relationship," they said. "He never did anything!"

One reason for the not-doing-stuff? Comrie had to retire from professional hockey in 2012 due to a constant hip injury.

A source to Life & Style echoes this sentiment. "He's in the house all day, every day," an insider tells the mag. "It was a strain on the relationship."

The couple announced two weeks ago that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to the toddler Luca, of whom they'll have joint custody.

It certainly looks like an amicable split, with Hilary tweeting, "Mike and I are sitting here, we are so appreciative for all of your kindness & well wishes." She continued, "not an easy day but we're getting thru it together."

Gisele Bundchen

No Superbowl stress in the Bundchen-Brady house

It may be NFL playoff time in the Tom Brady-Gisele Bundchen household, but the stress doesn't carry over at home.

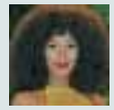
"He's very focused," the 33-year-old Bundchen said of Brady, quarterback for the New England Patriots, in a recent interview. "We are both very supportive of one another in what we do. ... Of course nobody likes to lose.

"Those aren't the best days. He knows he does his best. He works extremely hard."

The three-time Super Bowl champ and his New England Patriots travel to Denver to play the Broncos on Sunday for the AFC championship.

THE ASSOCIATED PRESS

Twitter



@solangeknowles
Just called my bf to report hearing noises in the house. Go to check on my son, only to find out he's been up since 2 too. HE is the "noise".

@lenadunham
Did the thing I swore I'd never do: got a public massage at an airport kiosk. It hurts not to know yourself anymore.

@AnnaKendrick47
Aren't we supposed to have meals in pill form by now? Cause at least once a week I open my fridge and think "s—, I need to make water"

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Pine sends regards to Russia, with no love

Chris Pine says the U.S. should have done more in the run-up to the Sochi Olympics to protest Russia's anti-gay legislation, which he calls "clearly awful, archaic, hostile nonsense."

"I think we should do more than just send gay Olympians there," the 33-year-old actor said in an interview while promoting his film Jack Ryan: Shadow Recruit. "What's happening there in terms of gay rights or the lack of it is extraordinary and awful."

Pine's character tries to thwart a terror attack on the U.S. that originates in Russia and takes on a powerful Russian tech magnate in his new movie, opening Friday. It's based on the late author Tom Clancy's work but doesn't revolve around the plot of any single book. The Ryan character, portrayed in previous films by Alec Baldwin, Harrison Ford and Ben Affleck, was originally a CIA operative working during the Cold War.

THE ASSOCIATED PRESS

Chris Pine

Throw out the style rule book

Fashion magazines often try to rule our wardrobes with a vice-like, arbitrary and undiscriminating grip. No one should dare to brave horizontal stripes. Under no circumstances should any woman in her 40s wear a short skirt. But it's all rubbish really, isn't it? And at the end of the day, don't we have enough intellectual capacity to know when something works and something doesn't? We enlisted Julie Ragolia, the fashion director of Man Of The World magazine who's styled Lady Gaga, to help us throw out the fashion rule book.

KIT GILBERT
Metro World News

Ripped jeans are for teenage girls and Britney Spears only

Ripped jeans are a sign of a journeyed and well-lived life. A hole in the knee reflects a willingness to fall, always an admirable quality in a woman. Paired with a smart clutch and an elegant heel, a ripped jean can be quite chic.

Wearing one pattern head-to-toe is a bad idea

A woman should never leave the house looking like a tablecloth. Accessories can help prevent that: a great belt, the right bag…solid, strong pieces can tie it all together and break up a pattern before it goes bad. I'm a big fan of patterns overall. Before wearing one pattern head to toe, consider mixing mismatched patterns. It's a surefire way to boldly own a look, and is surprisingly more subtle than one would think.

Unless you are Alexa Chung, don't attempt to conquer double denim

As a devotee to Ralph Lauren and Levi's, I've been schooled to the contrary. I live for double denim. If tones and fabric weights are in balance, I say try for a triple play. I often wear chambray shirts with vintage jeans and a denim jacket. Throw an oversized Navajo knit cardigan over the shoulder to break things up now and then.

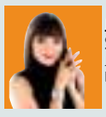
Midi skirts require six-inch heels

I'm a tomboy, and a busy fashion director, so super high heels are not at all practical on a day-to-day basis. A sleek Chelsea boot or a brogue can look just as sexy with a pencil skirt as any heel.'

Be wary of costume pieces

To a degree, yes, however one statement piece, such as an oversized necklace, or ski-goggle-inspired sunnies, are costume done right.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Exploring the wonders of the deep at the new #RipleysAquarium Speaks to the #Pisces in me! Beautiful....

With my dear, beloved friend @BryanAdams in the throes of our shoot for @YorkdaleStyle #Yorkdale50

Canadian street style

Spotted in: Toronto

Name: Alexandria

Age: 22

Occupation: Graphic design student

What she's wearing : Jacket by Wilfred, backpack and shoes by Roots, shirt by T. Babaton, blazer/jacket by Zara, necklace by Marc by Marc Jacobs and pants by Guess.

Her inspiration : "My peers, blogs and my travels."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Smart storage for small spaces

From inside secret drawers to above the doors, there's always a forgotten space that can keep useful items out of sight

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: Although my condo is not small, I seem to have a lot of stuff and not enough storage. I need some ideas for keeping my stuff off the floor and hidden away.

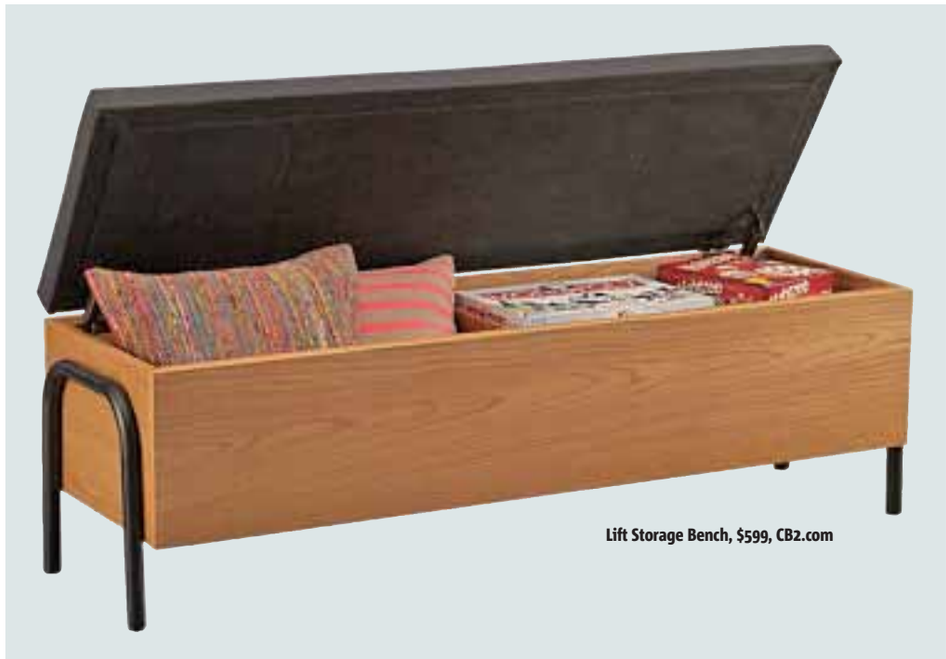
A: For some people, "out of sight, out of mind" can be dangerous. Without seeing what you have, it could easily be forgotten.

Do you have a growing collection of vintage dishes or too many shoes and accessories? Perhaps it's time to purge some of your stuff instead of storing it somewhere.

But for stuff you don't want to get rid of, there are many places in our homes that are great for storing and displaying, from inside secret drawers to above the doors, there's always a forgotten space that can keep useful items out of sight.

Billy Bookcase (with doors), medium brown, $257, ikea.ca

Bed Lifts, $13, bedbathandbeyond.ca



Lift Storage Bench, $599, CB2.com

In the sofa

Looking for a new sofa? Choose one that offers a storage drawer under the seat cushion (similar to a trundle bed) or look for a sleeper sofa that offers storage with the mattress.

Under the bed

Elevate your bed an additional five inches to hide luggage pieces or storage drawers. Rarely used luggage makes for perfect out-of-season clothing storage.

Add an extra shelf in your closet. Hanging a shelf one foot off the floor will instantly give you double the shoe storage and hanging another shelf one foot below the ceiling will offer up extra storage for out-of-season dishes or specialty baking pans.

A seat with storage

The secret to an organized room is to make the furniture look like it's there for style, not storage. A padded top allows for extra seating in the foyer, at the end of the bed or along an empty wall.

Other ideas

- Tea cup hooks discreetly installed behind curtains are a great way to hide hanging scarves, necklaces and hats out of sight in a bedroom.
- Adding a 24-inch bracket or decorative floating shelf above your door entrances will help hold small containers or books.
- Think of your china cabinet for more than just dishes. A small-scale vintage cabinet can display books behind glass doors or store shoes below. Consider using vintage china cabinets in bedrooms, bathrooms or front foyer areas (use large ceramic jars on top for all sorts of inventive storage).
- Add doors to your bookcases to get the best of both worlds — to display and hide storage. Top with a piece of frosted glass or stone and you've got a truly custom storage unit with a useable top for serving or display.

3 easy ways to dress up a dull dresser

DIY. Don't let that old dresser gather dust in the basement — turn it into a fresh, creative storage piece or stunning focal point

Before slipping back into old habits and watching resolutions fade to memories, put your good intentions to work and transform an old dresser into a fresh and creative storage piece.

With as little as a drill, screws, a saw and some wood, it's easy to bring an old waist-high dresser gathering dust in the basement into the living-room limelight.

Finish with a splash of paint and that useless piece of furniture becomes a stunning new focal point.

Goodbye drawers, hello shelves

Create a more functional living room look by opening up the dresser and replacing the drawers with shelves.

Once the drawers and hardware are removed, creating shelves is as easy as installing mounts and cutting wood to size. For large objects such as storage baskets, remove multiple drawers and install one shelf.

Play around with colour palettes, including a two-tone design with a vibrant interior colour to brighten the space.

Say aloha to a new kitchen island

Kitchen storage is usually at a premium, and a temporary kitchen island can solve a lot of problems without committing to a full renovation.

Rehab Addict

- For more ideas on restoring old parts of your home, tune in to Rehab Addict, Tuesdays at 9 p.m. ET/PT on DIY Network Canada.

While this idea won't fly with a tall chest of drawers, counter-height dressers provide space for food prep and drawers for small kitchen gadgets. Removing the bottom drawers opens up a great hiding spot for clunky pots and pans.

For the countertop, consider either matching it to the kitchen's current design or going with wood to create a handy butcher block.

Take a load off with an entryway bench

Add some extra storage to your entryway while adding a place to sit for tying shoes. This design works best with a short and long dresser.

First, gut the upper half of the dresser by removing the drawers, their supports, hardware and the top. The sides and back can also be removed or kept in as a frame. Next, install a bench on top of the bottom drawers.

It may be necessary to install extra support beneath the bench depending on the dresser's design. Keep the bottom drawers for hiding winter gear like toques and gloves or outdoor toys such as Frisbees, baseballs and mitts.

Turn an old piece of furniture into a stunning storage piece. ISTOCK

Portobello and chestnuts: Earthy duo

The chestnuts add a rich earthiness to this dish and make the mushrooms that much more meat-like.

Look for the largest, juiciest-looking portobellos for this dish. If your mushrooms are smaller, you may have extra stuffing; stir in half a beaten egg and bake in a gratin dish alongside your mushrooms.

Ingredients

- 12 large portobello mushrooms
- 125 ml (1/2 cup) olive oil, divided

Chestnut Stuffing

- 50 ml (1/4 cup) butter
- 250 ml (1 cup) chopped onions
- 250 ml (1 cup) chopped celery
- 5 ml (1 tsp) cracked fennel seeds
- 15 ml (1 tbsp) chopped garlic
- 575 ml (2 1/3 cups) vacuum-packed peeled roasted chestnuts (about 400 g/14 oz), chopped
- 1 l (4 cups) fresh bread crumbs
- 125 ml (1/2 cup) chopped fresh flat-leaf parsley
- 75 ml (1/3 cup) unsweetened apple juice
- Salt and freshly ground pepper, to taste

1. Heat oven to 220 C (425 F). Cut off mushroom stems flush with caps and chop. You should have about 375 ml (1 1/2 cups).

2. In a large skillet, heat 30 ml (2 tbsp) of the olive oil over high heat. Working in batches, add mushroom caps to pan and fry for 1 to 2 minutes per side or until just beginning to soften. Transfer gill side up to a baking sheet. Repeat with remaining mushroom caps, adding more oil to pan as needed. Set aside.

3. Melt butter in the same skillet over medium heat. Add onions, celery and fennel seeds and sauté for 10 minutes or until slightly caramelized. Add garlic, chestnuts and chopped mushroom stems and sauté for 2 minutes or until mushrooms are juicy. Remove from heat.

4. Stir bread crumbs and parsley into stuffing mixture. Add enough apple juice to moisten stuffing well. Season well with salt and pepper. Divide stuffing into 6 portions and place on top of each of the mushroom caps on the baking sheet. Top with remaining 6 mushroom caps, gill side down, to make a kind of sandwich. Do not totally enclose the stuffing. Roast for 15 minutes or until mushrooms are tender and stuffing is crisp around the edges.

Wine pairing

White Burgundy: Try this inventively woodsy, earthy dish with a nutty, mineral-laden white Burgundy (such as Macon or, if budget permits, Puligny-Montrachet) and bask in the subtle decadence.

Alternative: If you prefer red, uncork a Chianti.

This recipe serves six.

THE CANADIAN PRESS/ THE FLAVOUR PRINCIPLE BY LUCY WAVERMAN AND BEPPI CROSARIOL. PHOTOGRAPHY BY RYAN SZULC. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD, 2013.

Cookbook of the Week

Shining the spotlight on taste

The Flavour Principle takes foodies back to the basis of food: flavour.

Indian curry spices, fiery Thai chilis, lemony citrus, smoky barbecue rubs — these are all flavours that make us passionate about food and drink.

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The Flavour Principle features more than 30 gorgeous menus covering flavours from all over the world. METRO

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Known for its canals, architecture and art work, you will have days of exploring followed by nights of fine dining in Venice. GOODLUZ/SHUTTERSTOCK

metro
DESTINATION WEDDINGS
Thursday, January 16, 2014

Romantic hot spots for you to explore

NATALIE LAVOY-FURTADO
2life

When planning a wedding away from home, there are myriad of destinations. To help you decide where to go, here are five romantic getaway ideas.

1 Aspen, Colo. What better way to feel all warm and fuzzy with your partner than to be on a cold getaway, cuddling by a fire. If you and your partner enjoy snowboarding then you will have the time of your life. And if not, they have snowmobiles and sleigh rides. Aspen is not just great for winter — visit in the summer to enjoy the Food and Wine Classic festival.

2 Antigua, Caribbean. Antigua is the sunniest island in the Caribbean, surrounded by coral walls, reefs, and shipwrecks. It is a very secluded spot for you and your partner to have some real alone time. Fun activities like sailing and scuba diving let you really take in the bright blue water and white sand combination, which is truly breathtaking.

3 Venice, Italy. This lovely destination is basically the same as it was 600 years ago, which adds to its character. With so many beautiful sights to see — the clock tower, Doge's Palace, and the Scuola grande di San Rocco just to name a few — you will have days of exploring followed by nights of fine dining.

4 Punta Uva, Costa Rica. Punta Uva is a small town on the coast of Costa Rica. There is a beautiful open garden surrounded by butterflies and other exotic species that you can view by walking around. The beach is beautiful but the scenery is what takes the cake. A popular place to stay is The Tree House Lodge, which is located within one of the tropical gardens and is a perfect place to view monkeys swinging from trees. This is a place to live like Tarzan and Jane.

5 Paris, France. As overplayed as Paris is, it will always be a favourite with beautiful art galleries, the Eiffel Tower, and romantic boat cruises on the Seine River. There is so much to see, and even more to do. With wine tasting by day and walking by the world's most beautiful fountains by night, Paris will always give you that romantic feel for which you are looking.

For more information, please visit 2life.io/weddings.

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Secrets to tying the knot

BENEDETTA LAMANNA
2life

More couples are choosing destination weddings. Rebecca Grinnals, founder and president of Engaging Concepts, a leading wedding industry consulting firm, shares her secrets to nuptials near and far.

Do start by establishing your couple style. Are you outdoorsy or urban; traditional or trendy; hippie or haute couture? This should dictate everything from your choice of location and venue to your menu.

Do make a list of words or phrases that describe the feelings you want your wedding to evoke — perhaps relaxed, great wine and eclectic music.

Do choose a location and venue that has personal meaning for you and your mate. And dream big — from rustic barns to mountain-climbing weddings.

Don't do it yourself. Enlist the services of location-based wedding planners. They have the local knowledge and connections to plan and execute your faraway fete.

Don't get caught with legal problems. Get up to speed with the marriage licence requirements if you are getting hitched abroad. Look into this at least six months before your wedding to ensure you satisfy all legal parameters.

For more information, please visit 2life.io/weddings.

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If you are planning a destination wedding, start by establishing your couple style, which will dictate future choices. MIKHAIL STARODUBOV/SHUTTERSTOCK

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Don't forget to pack these items

NATALIE LAVOY-FURTADO
2life

Having a destination wedding is a fun way to get married in any breathtaking place your heart desires.

Your choice may feature beautiful white sandy beaches, come with a view of the Eiffel Tower, or have you surrounded in white, snowy bliss.

But there are some obstacles when travelling for that special day, including what to pack.

Wherever you choose to tie the knot, be prepared with the following tips.

Treat yourself to a sand-free technology bag. It will keep your camera and your clothes safe.

Something also to keep in mind for beach destination weddings is the heat. You want your skin to be as beautiful as ever on your big day, but you also need it to be protected from those UV rays. Consider a foundation that includes SPF 15-30, and it's bonus if it has a matte finish included.

Aside from having flawless skin, the next concern is your hair. Having a good hair day in the heat can be a challenge, unless you have the right products. Look for hair products that are proven to fight humidity, which can help your hair look sleek and shiny, rather than puffy and frizzy.

If your destination wedding is in a cooler place, you can get cosy with cute sweaters for the bride and bridal party. Matching boots are also a cute accessory to wear while getting ready for your big day — no one likes cold feet on the wedding day.

For more information, please visit 2life.io/weddings.

Something also to keep in mind for beach destination weddings is the heat. You want your skin to be as beautiful as ever on your big day. DEBORAH KOLB/SHUTTERSTOCK

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Trista and Ryan Sutter of The Bachelorette TV show christened the Ruby Princess in 2008, which was followed by the wedding of contest winners Kip Hickman and Danielle Vurpillat. Gavin MacLeod, right, who played Captain Stubing on the TV show The Love Boat, gave away the bride. CONTRIBUTED

The nautical nuptials wave

DIANE TIERNEY
For Metro

Get married on a cruise and you can say your "I dos" on a gorgeous Caribbean beach, spectacular Alaskan glacier, romantic Venetian gondola — or almost anywhere in the world. Or have your nautical nuptials in the ship's charming chapel or luxurious library.

There are many options when you choose a cruise wedding, which makes for an affordable, one-stop shopping wedding-moon that your entire group will enjoy.

Princess Cruises is a leader in cruise weddings, partly inspired by the 1980s TV show The Love Boat, where filming took place on several Princess ships. One of its ships, the Ruby, is a popular choice after it was christened by Trista and Ryan Sutter of The Bachelorette TV show.

Captains on some cruise lines can perform your wedding ceremony, but most lines need to book an official from the port you choose. Permission is generally based on where the ship is registered and what that country's government allows. Most Princess Cruises captains can marry you because the ships are registered in Bermuda.

A basic package starts at about $1,800 for the ceremony and $450 for the licence. However, the average wedding costs about $10,000, excluding the cruise cost and airfare for each person. But the sky is the limit, with some weddings costing tens of thousands of dollars for hundreds of guests.

By choosing a cruise wedding you can get married in unique locations such as an Alaskan glacier. CONTRIBUTED

For guests who can't attend, many couples use the ship's live wedding webcam to share their day with family and friends at home. The image refreshes every minute, enabling viewers to follow the proceedings as they happen.

Cruise lines are experienced with unusual requests and will do their best to make your wedding dreams come true. One couple invited Canadian Mounties, who created an arbour with their swords for the couple to walk under. Getting permission to bring the swords on the ship was a challenge, but it was approved with special conditions and made for dramatic photos. Another bride wanted a flower girl and ring boy as part of her ceremony, but since she didn't know of any, she asked if child actors could be hired or borrowed.

Like any event, sometimes glitches are most memorable and add to the fun. A Burnaby, B.C., couple held their wedding on a ship in San Diego and when the bride was walking down the aisle, the music didn't stop in time. She said, "The minister kept waving at the DJ but he didn't understand. So I gave the body gesture of waving my hand across my throat like I was cutting it, and my guests thought I was referring to the act of getting married."

But not all weddings are meant to be. Another couple sailed together for two days and then cancelled their large St. Thomas wedding. And one wedding planner will never forget when a bride and groom got into a fist fight and the groom left the ship with injuries.

To arrange your nautical nuptials, visit princess.com or call 1-800-PRINCESS (1-800-774-6237).

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NHL

Oilers pass Dubey on to Predators

It wasn't too long ago that Regina's Devan Dubnyk looked like the Edmonton Oilers' goaltender of the present and future.

After a couple of trades Wednesday, Dubnyk is now part of the past. The Oilers sent the 27-year-old to the Nashville Predators for forward Matt Hendricks, then acquired former Toronto Maple Leafs goalie Ben Scrivens from the Los Angeles Kings for a third-round pick in June's draft.

In 32 games this season, Dubnyk is 11-17-2 with a 3.36 goals-against average and .894 save percentage.

Scrivens has a 1.97 goals-against average and .931 save percentage this season.

THE CANADIAN PRESS

MLB

Dodgers' Kershaw getting $215M for his K's: Report

Pitcher Clayton Kershaw agreed Wednesday to a $215-million, seven-year contract with the Los Angeles Dodgers, a person familiar with the negotiations told The Associated Press, a deal that makes the two-time Cy Young Award winner baseball's first player with a $30-million average salary.

The person spoke on condition of anonymity because the agreement had not yet been announced.

Kershaw receives the most lucrative deal for a pitcher, breaking the mark of $180 million set by Justin Verlander last March for his seven-year contract with Detroit.

THE ASSOCIATED PRESS

Penguins winger Chris Kunitz puts a shot on net against Capitals goalie Michal Neuvirth on Wednesday in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES

Just a Maatta of time for Pens on home ice

NHL. Rookie defenceman's late goal lifts Pittsburgh to victory over rival Washington Capitals

Olli Maatta's slap shot beat Michal Neuvirth with less than two minutes remaining and the Pittsburgh Penguins rallied by the Washington Capitals 4-3 Wednesday night.

Maatta's fourth goal of the season gave Pittsburgh its only lead as the Penguins won their 13th straight home game, a club record.

Jussi Jokinen, Taylor Pyatt and Kris Letang also scored for the Penguins. Marc-Andre Fleury stopped 25 shots to pick up his NHL-leading 27th victory.

Alexander Ovechkin's 34th goal of the season gave Washington a 3-2 lead midway through the third period but the Capitals collapsed over the final 10 minutes.

On Wednesday

Penguins	Capitals
4	3

Brooks Laich and Jason Chimera also scored for Washington, which lost for the seventh time in nine games. Neuvirth made 33 stops, but didn't see Maatta's blast from the point with 1:54 left.

Pittsburgh extended its lead over the rest of the field in the Metropolitan Division to a whopping 18 points over Washington and Philadelphia by continuing to find a way to win at Consol Energy Center. THE ASSOCIATED PRESS

Canada's top-ranked golfer Graham DeLaet hits shots off the terrace of the Delta Bessborough Hotel in Saskatoon on Wednesday. CENTRAL IMAGE AGENCY FOR METRO

DeLaet signs with Shaw

Weyburn Saskatchewan's Graham DeLaet has signed multi-year partnership with Shaw Communications.

DeLaet, Canada's top-ranked PGA Tour pro will sport the Shaw logo on front of his hat and golf bag in tournaments around the world. He hits the field for the first time with the gear at the 2014 Farmers Insurance Open, January 23-26 at Torrey Pines in San Diego, Calif.

"Graham is a highly accomplished athlete, a proud Canadian and a great ambassador for the game of golf," said Brad Shaw, CEO of Shaw Communications Inc. "We are proud to have Graham represent Shaw and all of our employees and welcome him as part of our growing support for this great game in Canada."

"I'm very excited to be part of the Shaw team. Shaw is one of the great, homegrown Canadian companies with a storied history of charitable and community support, which is something that I strongly believe in," said Graham DeLaet.

This partnership will see Shaw and DeLaet explore all opportunities to create new golf content, for viewers and advertisers.

THE CANADIAN PRESS

Picking up pieces after a bad break

London, Ont., native Dave Duncan takes to the air on his way to victory in a men's World Cup skicross race in San Candido, Italy, on Dec. 22. ALESSANDRO TROVATI/THE ASSOCIATED PRESS

Dave Duncan. Ontario native, who was injured for skicross event in Vancouver, is better than ever heading into Sochi

Dave Duncan's first Olympic experience was a disaster.

It also led to a conversation that gave the Canadian the motivation and drive to make the four-year push to Sochi.

Duncan never made it to the start area for the Olympic debut of men's skicross at the 2010 Vancouver Games after crashing during a training run at Cypress Mountain. Instead of making preparations to race in front of adoring fans in his home country, Duncan was waiting for X-ray results in hospital.

His fears were later confirmed — a broken collarbone would prevent him from competing at the Games.

"It definitely was a deep place, one of the deeper moments of my life so to speak," Duncan said in a recent interview. "It's not the way you expect your first Olympics to go."

Sensing that Duncan could use a little support, a nurse brought former Paralympian Rick Hansen into his hospital room. The Man in Motion was serving as an honorary mayor in the athletes village at the Games and had a message for Duncan.

"Basically the words were, 'What you do from this moment is going to define you,'" Duncan said.

It was then he realized his 2010 mission was in the past. Duncan became completely focused on his new goal of competing at the 2014 Games in Sochi. "Right there the decision was made," he said.

Duncan has already qualified for Sochi and appears set to peak at the right time. He's enjoying his best season on the World Cup circuit and started the new year in top spot in the overall rankings after recent back-to-back victories.

The London, Ont., native had raced in several finals since joining the skicross team in 2007 but had not won a World Cup until this season. He broke through last month with a win in Innichen-San Candido, Italy and followed it up with another gold the next day.

"Maybe it's just a few more grey hairs," Duncan joked, when asked how he did it. "I'm getting older. It's just relying on past experience." THE CANADIAN PRESS

Quoted

"It might be a little more structured but still at the essence, it's just having fun with your friends."

Dave Duncan, comparing skicross to his days as a youngster when he and his friends would race to the bottom of the hill.

Is bigger better?

Go to metronews.ca/gameon to find out how Canada's men's hockey team is planning to cope with the larger Olympic-sized ice surface in Sochi.

Hockey

Datsyuk named Russia's captain

Alex Ovechkin was the first Russian athlete to carry the Olympic torch, but Pavel Datsyuk will be Russia's captain in Sochi.

With the support of Ovechkin, Datsyuk was named captain of the Russian men's hockey team on Wednesday as the 35-year-old Detroit Red Wings centre prepares to participate in his fourth Olympics.

"I am honoured to be named a captain," Datsyuk said via Twitter. "Our team embraces the opportunity and responsibility of representing our country on the home ice."

Ovechkin, last year's Hart Trophy-winner as NHL MVP, is considered the face of next month's Sochi Olympics. He is the only Russian-born captain in the NHL but told reporters at Washington Capitals practice last week that he thought Datsyuk should have that role in Sochi.

"To be honest with you, that kind of type of player, he has respect on the ice and off the ice," Ovechkin said. "My opinion is who (should) be captain is Datsyuk." THE CANADIAN PRESS

Moguls. Dufour-Lapointe and Bilodeau capture World Cup gold medals

Alex Bilodeau won the men's moguls gold medal and fellow Canadian Justine Dufour-Lapointe took the women's title Wednesday at a World Cup freestyle skiing event.

Montreal's Bilodeau, the reigning Olympic champion, took the men's title with a score of 25.72. He said he made some mistakes on his winning run and thought he might be surpassed by teammate Mikael Kingsbury. But Kingsbury almost went off the course on his final run and ended up sixth.

Americans Patrick Deneen and Bradley Wilson finished second and third respectively.

Dufour-Lapointe, from Montreal, put together a score of 23.90 on her final run to take the women's title. She came back from a distant 15th in qualifying to overtake Americans Heidi Kloser and Hannah Kearney for gold.

It's the second-last World Cup moguls event before the Sochi Olympics. The World Cup circuit takes a break following Sunday's competition at Val Saint-Côme, Que. THE CANADIAN PRESS

Canada's Alex Bilodeau, left, and Maxime Dufour-Lapointe won gold medals in freestyle World Cup moguls events on Wednesday in Wilmington, N.Y. MIKE GROLL/THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	46	29	15	2	132	102	60
Tampa Bay	47	28	15	4	136	113	60
Montreal	47	26	16	5	118	111	57
Toronto	49	24	20	5	136	149	53
Detroit	46	20	16	10	118	127	50
Ottawa	47	21	18	8	134	146	50
Florida	46	18	21	7	109	141	43
Buffalo	46	13	27	6	83	129	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	46	22	16	8	137	137	52
Philadelphia	47	24	19	4	125	132	52
N.Y. Rangers	48	24	21	3	119	126	51
New Jersey	48	20	18	10	112	118	50
Columbus	46	22	20	4	129	131	48
Carolina	46	19	18	9	111	130	47
N.Y. Islanders	48	18	23	7	132	156	43

Wednesday's results
Toronto 4 Buffalo 3 (SO)
Washington at Pittsburgh
Vancouver at Anaheim
Tuesday's results
Colorado 3 Chicago 2 (OT)
Dallas 5 Edmonton 2
Florida 4 N.Y. Islanders 2
Nashville 4 Calgary 2
New Jersey 4 Montreal 1
Ottawa 3 Minnesota 0
Philadelphia 4 Buffalo 3
San Jose 2 Washington 1 (SO)
St. Louis 2 Phoenix 1
Tampa Bay 2 N.Y. Rangers 1
Toronto 4 Boston 3
Thursday's games — All Times Eastern
Nashville at Philadelphia, 7 p.m.
Detroit at NY Rangers, 7 p.m.
San Jose at Florida, 7:30 p.m.
NY Islanders at Tampa Bay, 7:30 p.m.
Montreal at Ottawa, 7:30 p.m.
Edmonton at Minnesota, 8 p.m.
Los Angeles at St. Louis, 8 p.m.
Boston at Dallas, 8:30 p.m.
New Jersey at Colorado, 9 p.m.
Winnipeg at Calgary, 9 p.m.
Vancouver at Phoenix, 9 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	49	30	8	11	177	135	71
St. Louis	45	32	8	5	163	100	69
Colorado	46	29	12	5	135	117	63
Minnesota	49	25	19	5	118	122	55
Dallas	46	21	18	7	132	141	49
Nashville	48	20	21	7	113	143	47
Winnipeg	48	20	23	5	133	146	45

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	48	35	8	5	161	119	75
San Jose	47	29	12	6	150	117	64
Los Angeles	47	28	14	5	120	96	61
Vancouver	47	24	14	9	123	115	57
Phoenix	46	21	16	9	135	143	51
Calgary	47	16	25	6	105	148	38
Edmonton	49	15	29	5	128	174	35

Note: Two points for a win, one point for an overtime or shootout loss (OL column).

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	25	42	67
Kane, Chi	23	33	56
Tavares, NYI	21	35	56
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49
Backstrom, Wash	11	37	48
Ovechkin, Wash	33	14	47
Toews, Chi	17	30	47
Okposo, NYI	19	27	46
Malkin, Pgh	12	34	46
Kessel, Tor	21	24	45
Hall, Edm	18	27	45

Not including last night's games

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's games — All Times Eastern
AFC — New England at Denver, 3 p.m.
NFC — San Francisco at Seattle, 6:30 p.m.

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	30	7	.811	—
d-Miami	27	11	.711	3½
Atlanta	20	18	.526	10½
d-Toronto	19	18	.514	11
Washington	18	19	.486	12
Chicago	18	19	.486	12
Detroit	16	22	.421	14½
Brooklyn	15	22	.405	15
Charlotte	16	24	.400	15½
New York	15	23	.395	15½
Cleveland	14	24	.368	16½
Boston	14	26	.350	17½
Philadelphia	13	25	.342	17½
Orlando	10	29	.256	21
Milwaukee	7	31	.184	23½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	30	8	.789	—
d-Portland	28	9	.757	1½
Oklahoma City	28	10	.737	2
d-L.A. Clippers	26	13	.667	4½
Houston	25	14	.641	5½
Golden State	25	14	.641	5½
Dallas	23	16	.590	7½
Phoenix	21	16	.568	8½
Denver	19	18	.514	10½
Memphis	19	19	.500	11
Minnesota	18	19	.486	11½
New Orleans	15	22	.405	14½
L.A. Lakers	14	24	.368	16
Sacramento	13	23	.361	16
Utah	13	26	.333	17½

Wednesday's results
Boston 88 Toronto 83
Chicago 126 Orlando 125 (3OT)
Memphis 82 Milwaukee 77
Philadelphia 95 Charlotte 92
Washington 114 Miami 97
Utah at San Antonio
Sacramento at Minnesota
Houston at New Orleans
L.A. Lakers at Phoenix
Cleveland at Portland
Denver at Golden State
Dallas at L.A. Clippers
Tuesday's results
Charlotte 108 New York 98
Cleveland 120 L.A. Lakers 118
Indiana 116 Sacramento 92
Memphis 90 Oklahoma City 87
Thursday's games — All Times Eastern
Brooklyn at Atlanta, 3 p.m.
New York at Indiana, 7 p.m.
Oklahoma City at Houston, 9:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Be honest with friends today, even if what you have to tell them is not what they want to hear. Having said that, maybe what you think is bad news is good news in their opinion.

♉ Taurus
April 21 - May 21
Any plans you make now are under the influence of the full moon, so try not to take them too seriously. A lot depends on whether you made them rationally or emotionally.

♊ Gemini
May 22 - June 21
Your ideas are as good as anyone else's but for some reason you think you are not as smart as your rivals. They may have fewer self-doubts but where intelligence is concerned you are way out in front.

♋ Cancer
June 22 - July 23
You may have a hard time controlling your emotions today but in a way that's good because, as usual, you have been keeping your feelings bottled up inside. Shout and scream if you have to.

♌ Leo
July 24 - Aug. 23
Don't take it personally if loved ones are hard to get through to today. It seems they have a lot on their minds. If there are issues you need to discuss, wait until tomorrow when they won't be so worried by life.

♍ Virgo
Aug. 24 - Sept. 23
Keep your ideas to yourself and stay tight-lipped even if your best friends ask what you are up to. That applies just as much on the work front. The less others know, the better for you.

♎ Libra
Sept. 24 - Oct. 23
Someone who envies your calm demeanor will turn up the heat today in the hope that you will start to sweat, but what they don't know is that you thrive on this sort of pressure.

♏ Scorpio
Oct. 24 - Nov. 22
Don't get upset if others don't seem interested in what you have to tell them. It's unlikely you will get much sense out of them over the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
Your words will carry more weight if you keep what you have to say to the point. Don't bother with explanations, just say what you mean and leave no one in any doubt that you mean what you say.

♑ Capricorn
Dec. 22 - Jan. 20
Some people may not deserve your assistance but as the moon is full in your opposite sign, you should be considerate. However, don't be so considerate that you let slip information that could help rivals get rich at your expense.

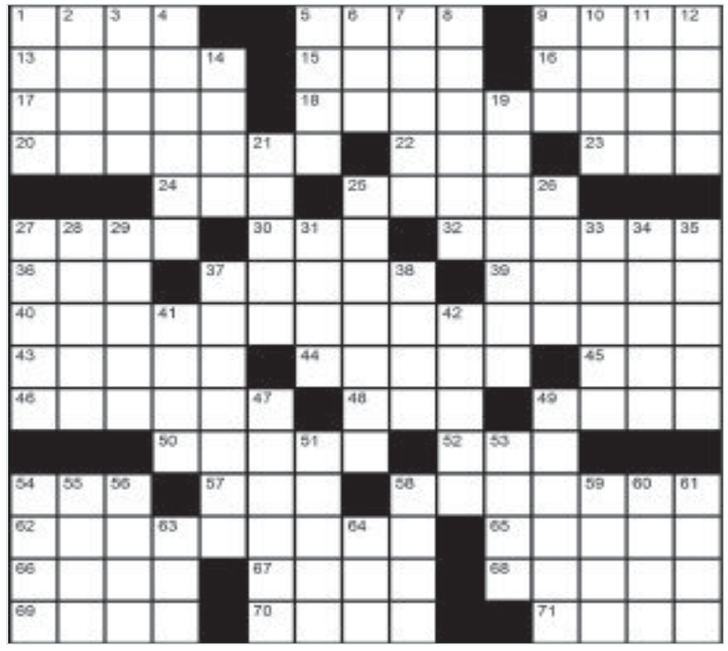
♒ Aquarius
Jan. 21 - Feb. 19
Today's full moon urges you to get your head out of the clouds and focus on the facts. You will have to tighten your belt financially over the next few weeks but it will only hurt if your attitude is wrong.

♓ Pisces
Feb. 20 - March 20
You may find it hard to stay focused today. You are advised to stop trying and let the cosmic winds blow you where they will. All roads lead to where you are destined to be. Why struggle? SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



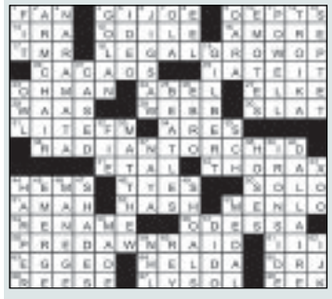
Across

1. Canadian singer of "Can't Choose" feat. Kardinal Offishall
5. NHL officials
9. Heel height unit
13. Overseas moneys
15. Medley
16. Casanova
17. Express
18. Canadian talk show icon who early on piloted a helicopter as a traffic reporter: 2 wds.
20. "SCTV" polka duo, The __ Brothers
22. Certain constellation
23. She's opposite
24. Dietary letters
25. Actress Sharon
27. Pairs
30. Lady's love
32. F's music equivalent, _ __
36. Bob & Doug interjections
37. WWI: Canada's coming of age on the world stage
39. Pointing-an-arrow person
40. Route 99's other name in BC: 4 wds.
43. Popeye creator, E.C. __
44. White wine of Italy
45. Fuss
46. Smart __ (Wise guys)
48. Which person?
49. Martha of "Some Came Running" (1958)
50. Writer, Madame de __ (b.1766 - d.1817)
52. Actor Stephen
54. Elvis record label
57. Not their
58. Needle
62. CBC, e.g.: 2 wds.
65. People of the Arctic
66. Fever symptom
67. Novelist Ms. Ferber
68. Canadian lingerie retailer, La __
69. Autoshop repair
70. Rockefeller Center muralist
71. "Begone!"

Down

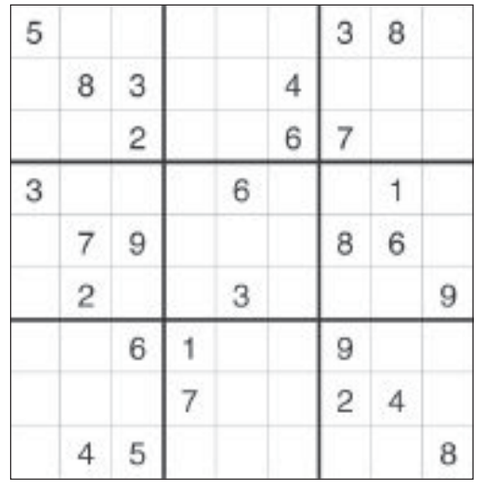
1. Ms. Simpson, to pals
2. Baseball's Babe
3. Apothecary weight
4. Diarists
5. Drove
6. Yalie
7. Last
8. Evening party
9. Pique
10. Chris of "Sex and the City"
11. Aww-inspiring :)
12. Canadian luggage brand since 1986
14. Post
19. The Northwest __
21. Heaves
25. Englishman Archibald Belaney (b.1888 - d.1938) ...during his life in the Ojibwa culture in Canada: 2 wds.
26. __-Tzu
27. W Network's current docu-series "__ & Scott" about Canada's ice dancing champs
28. Tire
29. Meryl Streep/ Julia Roberts movie, "August: __ County"
31. Annoys
33. Direct selling company
34. Novelist Charles' bookish surname (b.1814 - d.1884)
35. Comic legend Richard
37. Saskatchewan city
38. Ex-ruler of Iran
41. Tie accessories
42. Soap brand
47. Food toppers
49. Metric singer Emily
51. Show wear due to wind and rain
53. Greek goddess of discord
54. Carangid fish
55. Press
56. Sentence part
58. Tiff
59. Now, to Nero
60. Pyramids place
61. Louisiana, for one, in French
63. Drenched
64. Time off, slang-style

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

8	3	2	5	7	9	1	6	4
4	9	7	2	1	6	3	5	8
6	1	5	4	3	8	7	9	2
2	8	1	3	5	7	6	4	9
7	5	4	6	9	1	2	8	3
9	6	3	8	2	4	5	1	7
5	7	9	1	4	2	8	3	6
1	2	8	9	6	3	4	7	5
3	4	6	7	8	5	9	2	1

Today
-6°/-7°
Partly cloudy
Friday
2°/-9°
Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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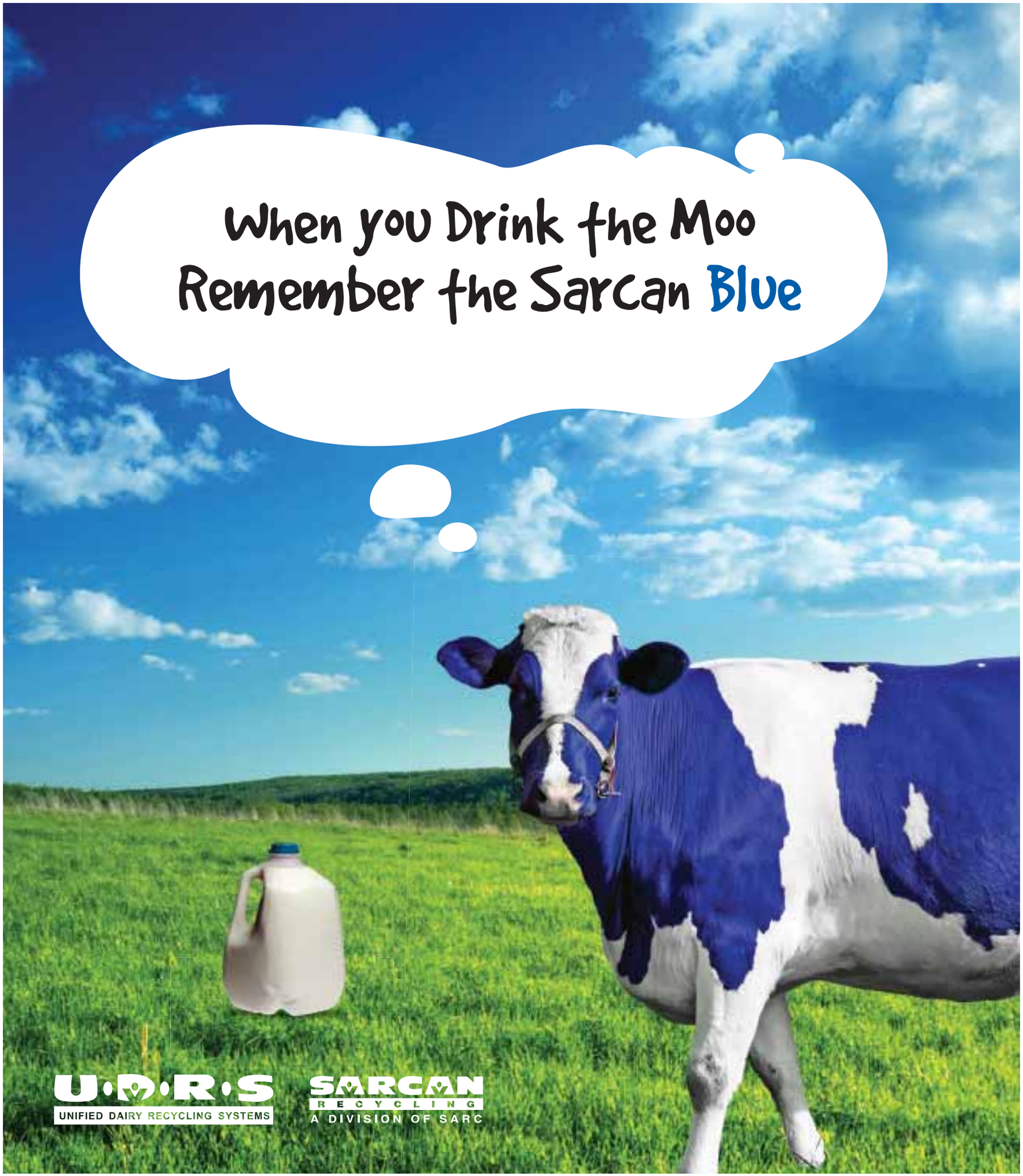
When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC